

# Download The 5 2 Diet 500 Calorie Daily Menus

The 5:2 Diet Meal Plans & Recipes \*\*\*\*\*This is a revised edition of this popular 5.2 Fast Diet recipe book and has taken into account the increase in the daily calorie allowance recently announced by Dr. Michael Mosely to 800 calories per fasting day. Low-calorie diets usually produce an energy deficit of 500–1,000 calories per day, which can result in a 0.5 to 1 kilogram (1.1 to 2.2 pounds) weight loss per week. I got this to go along with the Fast Diet to have a larger variety of recipes. The recipes look delicious and easy! There are many that are in the calories range of 200-300, only going up to the higher 500 calorie counts if you are adding other side dishes. Do you want to follow a low-calorie diet that's safe? Here are sample menus with only 1,500 calories per day and all the nutrients you need.